

# The Minimalist Within



by Faith Janes

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## About the Author: FAITH JANES

Faith Janes is the blogger behind **Minimalist at Home**, where she writes about pursuing less mess and more life through minimalism.

Faith is a wife and homeschooling mother of three children. She is a web designer, avid coffee drinker, and child referee around the house. She and her family live in a combined household of 10 with her parents, siblings, grandmother, and handful of household pets. They all live in a log home on 30 acres just south of Atlanta, Georgia.



## About the Photographer: STEVE JOHNSON

All photographs included in this book were captured by Steve Johnson. He is the photographer and blogger behind **Minimalist Photography**.

Steve was born in England, and has lived in Indiana for the last nine years with his artist, cook and writer wife Meg. They have one grumpy but affectionate cat. Steve has focused on photography for the last seven years and his work has appeared in national media on both sides of the Atlantic. He works mainly but not exclusively in black and white and is very interested in abstraction and minimalism.



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**E**veryone has a minimalist inside them waiting to be unleashed. You can see it when a child plays with the cardboard box instead of their new fancy toy. You can feel it when you walk into a sparsely furnished yet serene feeling hotel room. There is something inside all of us that craves simplicity. The minimalist within is always there.

Not everyone is aware of their minimalist potential and few will seek it. People may question you for pursuing minimalism because it seems strange to crave less instead of more. It's not always the easiest path to take. However, once you unleash your inner minimalist, you will find a whole new life you never thought possible.

I hear from a lot of people who say, "I'm not a minimalist, but . . ." and then they go on to describe how they are trying to simplify their life. I don't want you to be afraid of the term "minimalist." It's not a bad thing to make choices and set priorities for you and your family. Minimalism is about taking back more of your life by getting rid of the mess that is in the way.

## What is Minimalism?

**Minimalism is simply a tangible way of prioritizing your life.** Minimalism is available for everyone. It's not a concept to be afraid of or something for only a select few. Some would refer to minimalism as a social movement while others define it as a lifestyle choice. While it means different things to different people, most would agree that minimalism is purposely focusing on the things that matter and letting go of the rest.



*Simplicity is the ultimate  
sophistication.*

*- Leonardo da Vinci*

## What This Book Is Not

**This is not a How-To book on clutter and organization.** Cleaning out the clutter in your home is definitely an important piece of the puzzle. However, I have chosen to focus more on the “why” of minimalism in this book. The “how” of minimalism is secondary, but I’ll provide some basic steps to get you started.

**This is not a book telling you that your life choices are wrong.** I am not here to tell you that if you’re not living a minimalist lifestyle then you are ruining your life. I am here to explain how minimalism can be achieved and why you might find it helpful.

**This book is not a “one-size fits all” description of minimalism.** Not everyone will pursue minimalism in the same way. My version of radical change may not be the same as your version. The journey to minimalism is a personal one, but the foundational truths provide a common ground to build upon.

## This Book Is. . .

- A guidebook to help you get started on a journey toward minimalism
- A conversation starter to introduce minimalism to people
- A tool to determine your personal “why” for minimalism
- A reminder of the reasons we pursue less in order to discover more
- A method for learning to ask the right questions



*A vocabulary of truth and  
simplicity will be of service  
throughout your life.*

*- Winston Churchill*

## My Journey Into Minimalism

In April of 2010, my husband and I decided to move our family of five into the same home as my parents, my grandmother, and my two youngest siblings still living at home. We are now a family of ten plus three dogs and two cats. As you might imagine, there is nothing about the beginning of my story that resembled minimalism.

## A Not-So-Simple Beginning

Things started out simply enough. We had been making small progress while we adjusted to living together, but it just began to feel like we were drowning in all of our stuff. It had been a continual frustration to keep things picked up. Because of how quickly we moved out, I did not get to do all the purging of possessions that I had planned. Plus, I knew that I had two storage units crammed full of more things to go through and it just became overwhelming.



*The simplest things are  
often the truest.*

*- Richard Bach*

## A Minimalist is Born

While I was researching how to declutter, I discovered Joshua Becker's blog, **Becoming Minimalist**. Just reading the word "minimalist" stirred a desire inside me that said, "Ahh, I want that." I wanted . . . less! I wanted less mess, less cleaning, less organizing, less fussing at the kids to pick up their toys, less time given away to chores, and less stress dealing with it all. Instead what I really wanted was . . . more! More time with my family, more camping trips, more joy, more relaxation, and more happy memories being made.

Something snapped in me that day. I couldn't read enough about minimalism! I had not been more excited about something in such a long time. Everywhere I looked I saw things that I wanted to give away, some things that might be worth selling, and just so many things that needed to be thrown out. The minimalist within me had been unleashed and there was no going back!



*In character, in manner, in style,  
in all things, the supreme  
excellence is simplicity.*

*- Henry Wadsworth Longfellow*

## On a Journey

After months of decluttering and organizing, I view minimalism as a journey and not a destination. Even with the decluttering behind me, there are daily choices that need to be made on what items we choose to bring into our home and how we spend our time.

Minimalism is a complete mind shift and pursuing it has been one of the biggest areas of personal growth for me. As you continue to read, I hope to inspire you to tap into your inner minimalist as well.

## A Word of Caution

If you live with other people, there will be challenges ahead. Living in a household of 10 people has made it challenging to pursue minimalism. It took awhile before my family didn't think I was crazy for wanting to get rid of so many things. My family's definition of living with less may not be the same as mine, but seeing their openness to change and their willingness to clean things out has been very encouraging. It means so much more than if I had tried to force my opinion on them.

Don't attempt to drag anyone else along on your journey to minimalism. Don't be judgmental of someone else's choices. Let your journey and experiences be an example that inspire others, not condemn them.



The best part of simplicity has nothing to do with how many socks you own; it lies in being clear about your intentions and motivations.

- Chris Guillebeau

## The Appeal of Minimalism

**What is it that draws you towards minimalism?** Is it a desire for more time in your life? Is it a yearning to be free of clutter? Is it just a sense of knowing there must be more in this life than you're experiencing right now? It could be some or a combination of these things.

**The greatest aspect about minimalism is that it can mean different things to different people.** It will likely mean one thing to a young, single person and something else entirely to someone who is married with a family. You are free to build your own personal framework of what minimalism means to you based on the same foundation that other minimalists have in common with you.

At the start of my journey, I spent a few minutes writing myself a note entitled "Why Do I Want to Do This?" It was a really good exercise for me to articulate the reasons why I chose minimalism beyond just the short-term goals of decluttering our house. I go back and read it a lot. It's an encouraging reminder for me. If you've never really considered why you're drawn towards minimalism, I encourage you to do this today.

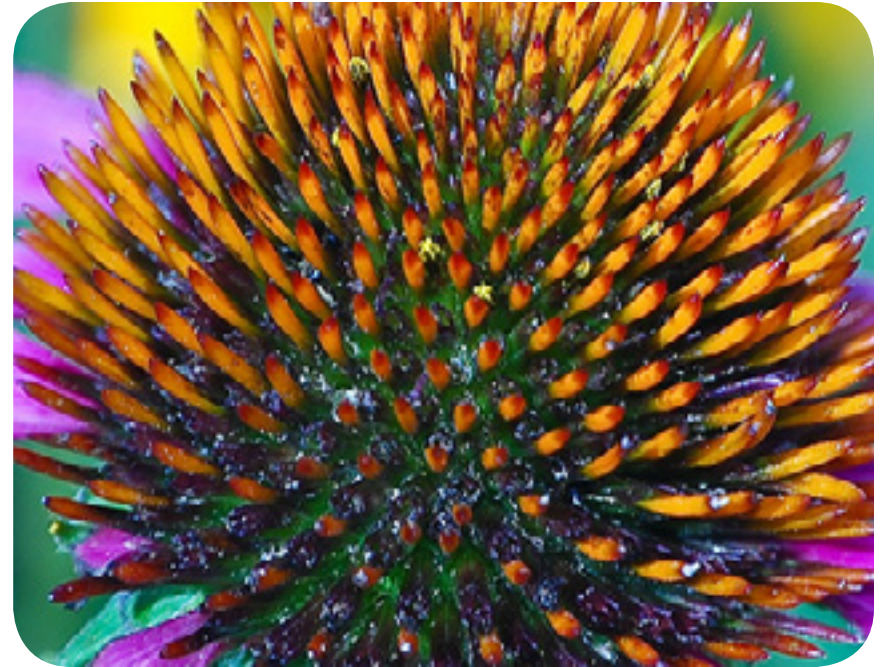


*Simplicity is the nature of  
great souls.*

*- Anonymous*

## Reasons to Define the Appeal of Minimalism:

1. **Avoid the temptation to give in to clutter.** There are simply some days when the mess threatens to take over and it just seems easier to give in rather than fight. Remind yourself why you choose to win.
2. **Know your convictions so you can share them with others.** The message of minimalism is a great one to share and I truly believe it can help people and their families. But if I can't explain what I'm doing and why I'm doing it, then people just tune out.
3. **It's an important step to defining your priorities.** Minimalism is so much more than just decluttering your house. By listing the principles that motivate you, you're one step closer to prioritizing the rest of your life.
4. **You'll be thrilled looking back at your progress.** It's a truly awesome experience to be reminded of how things were and then be able to see how much progress you're making. It's a great motivator.



*As you simplify your life,  
the laws of the universe  
will be simpler.*

*- Henry David Thoreau*

## Learn to Ask the Important Questions

When it comes to any decision, it's important to focus on the reasons why you've chosen it and not make the initial focus be how you plan to accomplish it. If you want to run a marathon, don't ask how you're going to run over 20 miles. Ask why you want to run in the first place. Maybe it's an effort to get healthy or simply to prove something to yourself. Whatever the reasons, keeping them in mind will help you remain focused while you consider how you will reach your goal.

My best advice for anyone pursuing minimalism is to make sure you've decided why you want to have a minimalist lifestyle. Asking the question "Why do you want to become a minimalist?" is much more important than asking the question "How do you become a minimalist?"

The practical implications are important, but they pale in comparison to personal conviction. Maybe you don't even know the reasons why minimalism appeals to you and that's ok. For some people, just having a feeling that life isn't peaceful is enough to spur you into action.



*Simplicity is the glory  
of expression.*

*- Walt Whitman*

## Putting the “Why” Before the “How”

**Don’t Ask:** How do I get rid of all this clutter?

**Ask:** Why do I want less clutter in my life?

**Don’t Ask:** How do I clear out my schedule of all these distractions?

**Ask:** Why do I want to refocus my time?

**Don’t Ask:** How can I spend less?

**Ask:** Why do I want to save more?

By putting the focus on the “why,” the “how” will be easier to answer. It’s important to ask the question, “Why?” because it keeps us in check. It opens our eyes to new points of view and helps us move beyond our current way of thinking. If we continue to trudge through our days not questioning what we’re doing or why we’re doing it, then we end up unhappy and unfulfilled despite having a life full of possessions and obligations.



*Our actions will always follow the  
true desire of our heart.*

*-Joshua Becker*

## It's a Marathon, not a Sprint

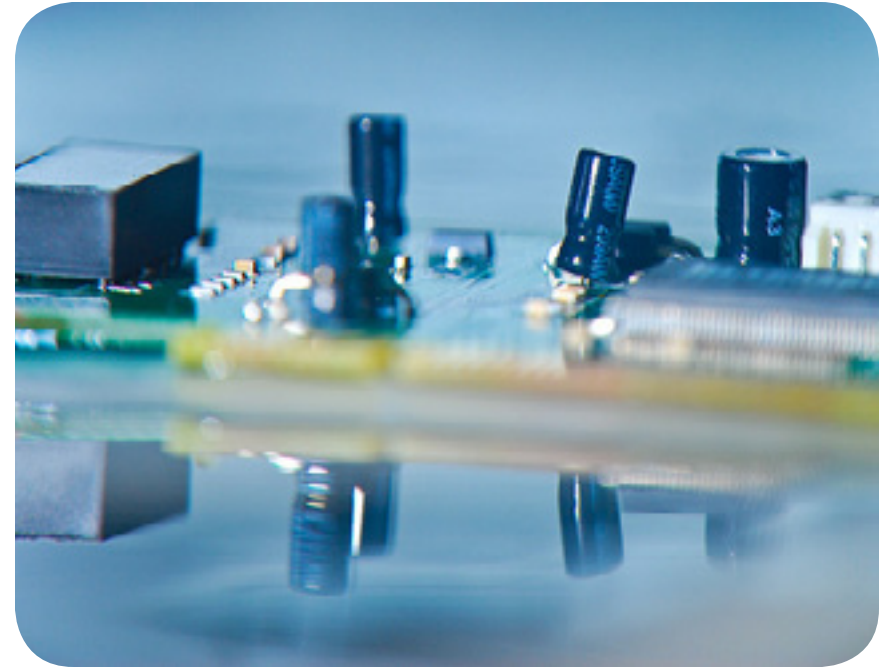
I've always been in awe of people who run marathons. Knowing how to pace yourself for such a long distance like that is totally foreign to me. It's such a huge accomplishment to finish a race of that length. It's no wonder people crowd along the side of the road cheering the runners along.

The thing is, if you saw a single runner on the side of the road training for their next big marathon, it might not look all that impressive. The speed at which they trot along typically isn't all that fast. Based on a first impression you might not think it was a big deal at all. On those training days, no one is handing out cups of water or shouting, "Great job! Keep it up! You can do it!!" Instead, with each stomp of their feet and swing of their arms, they are getting closer and closer to their goal and to the finish line they see in their head.

**A journey towards minimalism is definitely a marathon and not a sprint.**

It won't happen quickly and it won't be a one-time race. It's important to pace yourself and try not to get discouraged when you see how much farther there is to go. Enjoy the little victories along the way.

**Always keep your finish line in mind.** Remember to write down the reasons why you're running this race. There are bound to be setbacks along the way, so having your objectives and reasons clearly defined can be the sort of encouragement you need to cheer yourself on.



*There is no greatness where there  
is not simplicity, goodness,  
and truth.*

*- Leo Tolstoy*

## Baby Steps to Minimalism

Like anything worth pursuing...you have to make the time if you want to see results. I want to encourage any overwhelmed and still-striving-to-be minimalists out there that **baby steps will get you where you want to be if you keep putting one effort in front of the other.**

At this point in my journey to minimalism, I do not consider myself a “radical minimalist” in the traditional sense of the word. However, the change that is happening in my family IS very radical for us. Simply stopping to ask the questions about what we’re buying, how we’re spending our time, and what our priorities need to be has created a radical shift from how life used to be. Being convinced that this is the journey our family needs to be on is what keeps me taking those baby steps toward minimalism.

I love this quote from Joshua Becker’s book “**Simplify**”

*Our actions will always follow the true desire of our heart. What our heart believes and loves always determines the path of our life. We can mask our true wants for only a short while. Without a true heart change, we always return to our heart’s first love. This truth applies to all areas of life: our energy, our time, our relationships, our spirituality, our money, and our possessions. Before any of us can simplify our homes and lives, we must be convinced that the lifestyle is worth our effort.*

If you’re able to take giant strides all at once, that is awesome! However, there are some baby steps you can take today as you journey towards the goal of having “Less” in your life.



You should run your first marathon for the right reasons, because you'll never be the same person again.

- Bill Wenmark

## 10 Minimalist Baby Steps

1. **Shop Less** --> Save More
2. **Watch TV Less** --> Read or Talk More
3. **Drive Less** --> Walk, Cycle, or Rest More
4. **Schedule Less** --> Pursue Free Time More
5. **Argue Less** --> Discuss and Respect More
6. **Worry Less** --> Seek Peace More
7. **Organize Less** --> Prioritize More
8. **Store Less** --> Declutter More
9. **Work Less** --> Unplug More
10. **Consume Less** --> Give More

*Now it's time to get practical . . .*



There are no failures -  
just experiences and your  
reactions to them.

- Tom Krause

## Prioritize, Don't Organize

Are you tired of living in a crowded house surrounded by cluttered rooms? Do you feel like all you ever do is clean up messes over and over again? Do you find yourself running around town, trying to keep up with a hectic schedule? If so, then it's time to get organized, right? Wrong. Although your first instinct is to start with getting organized, that's actually not your first step.

**Your first step is to prioritize.** That's right; you need to prioritize your life. Once you sit down and decide what your priorities are, it makes it so much easier to decide what needs to be taken away. Ask yourself what's really important to you. The principle of prioritizing first can be applied to everything from your clutter to your time.



You won't realize the distance  
you've walked until you take a  
look around and realize how far  
you've been.

- Anonymous

## How Do You Determine Your Priorities?

It's simply not possible for everything to have the same level of importance. If everything was considered a priority, then *nothing* would be a true priority. So how do you evaluate what matters and what doesn't? Here are some questions to help you answer that.

**WHY is it important?** It's easy to stake a claim that an item or an activity is important. Ask yourself the harder question of *why* it's significant. If you can't quickly and thoroughly defend your choice, then that should be a signal that it may not be as important as you originally thought.

**Is it BENEFICIAL?** Does it benefit you (or anyone else for that matter) in the short term or in the long term? Is it adding to the quality of your life?

**Is it CONSISTENT with who you want to be?** Does it fit in with your personal values? Are you doing something just because everyone else is? Is it helping you reach your goals?

No one else can help you decide what's important and what's not. In the same way that minimalism is a personal journey, determining priorities is deeply personal as well. Choosing one thing over the other does not make it a bad choice. **Bringing awareness to your life choices is the first step in establishing your life priorities.**



*Lost time is never  
found again.*

*- Benjamin Franklin*

## Prioritize, Don't Organize Your Clutter

When you get ready to declutter your first closet, drawer, or toy box remember to prioritize first. Take a moment to really look at the items in front of you, then start by pulling out the most important items.

**Toys.** If it's in a toy box, start by pulling out the things that are really loved. (This applies to children's and grown up toys). Pick out the items that are played with a lot. As you start pulling out the best toys to save you'll naturally be left with the toys that aren't a priority anymore. They might be broken or they might even be brand new. The bottom line is if they aren't being played with, then they aren't worth keeping.

**Clothes.** First, pull out the items you wear the most. If you have two or more of something and you naturally choose one over the other, then the first choice is your priority. If you're like me, you find that you wear the same clothes over and over again because those are the clothes you feel good in, that are comfortable, and you feel like you look your best when you're wearing them. There is almost certainly a large number of clothes that you're hanging onto that almost never see the light of day.

**Clutter.** When you're ready to attack the junk drawers, your books, your kitchen gadgets, and the rest of your clutter remember to prioritize first. Don't keep something just because it cost a lot of money. Don't keep something just because you got it as a gift. Don't keep something just because you might need it someday. If you aren't using it now, then chances are you don't really need it. Hanging onto things for the "maybe some days" will simply choke out the enjoyment of your today.



*Action expresses priorities.*

*- Mahatma Gandhi*

## Prioritize, Don't Organize Your Time

**Don't kid yourself.** Trying to organize and coordinate your family's schedule that you are making more time for things. Giant wall calendars, Day Timers, and even iCal on your iPhone won't help you gain more time to spend with your family. Only by first prioritizing your time will you be able to see what can be cut out of your overly scheduled life.

**Be honest with yourself.** I'm sure there are things that you can eliminate because it's true for all of us. There's always something we agreed to that we knew wasn't a good idea. We knew we were sacrificing time spent with our family because of it and we kicked ourselves as soon as we signed up for that extra "something."

**Time is our most important form of currency. It's all about how we choose to spend it.** We always seem to be in search of more time. Make your priorities now and make conscious decisions about how to remove the other distractions.



*People's homes are a  
reflection of their lives.*

*- Peter Walsh*

## A Place for Organization

There is a place for organization. I'm not advocating that you abandon all sense of order and keeping everything in its place. I just like to drive home the point that you shouldn't start with organizing things before you prioritize them.

Don't fool yourself into thinking that if you put your clutter into cute color-coordinated boxes that you're organizing your life. If something isn't a priority then it isn't worth keeping. If something isn't worth keeping, then it's simply not worth organizing.



The key is not to prioritize  
what's on your schedule, but to  
schedule your priorities.

- Steven Covey

## Organized Excess is the Cousin of Clutter

Organization is a tricky thing. It can fool you into thinking you're getting rid of clutter and getting rid of your mess and chaos. Yet, instead of getting rid of the mess, you're just putting it in cute color-coordinating bins or stacking it neatly so it looks more presentable. It's sort of like people who dress their dogs up in costumes for Halloween--it is really unnecessary and kind of silly.

**It's not wrong to be organized and it's not wrong to have extras of things.** However, living in excess and being surrounded in things we no longer need doesn't fit with the minimalist mindset. It simply doesn't fit the paradigm for how we want to live.



*Have nothing in your house that  
you do not know to be useful, or  
believe to be beautiful.*

*- William Morris*

## How Do You Identify the Excess?

If you want to avoid the excess in your life and avoid its cousin Clutter, ask yourself the following questions:

1. **Do I really use that many?**
2. **Would I buy that many if I bought them again?**
3. **Could I make do with less?**

These questions can be applied to everything from Rubbermaid to extra socks. The answer to question number three is almost always going to be “Yes.” Try it for yourself and see. You’ll be happy you did.



*Simplicity, clarity, singleness:  
these are the attributes that give  
our lives power and  
vividness and joy.*

*- Richard Halloway*

## The Psychological Security of Stuff

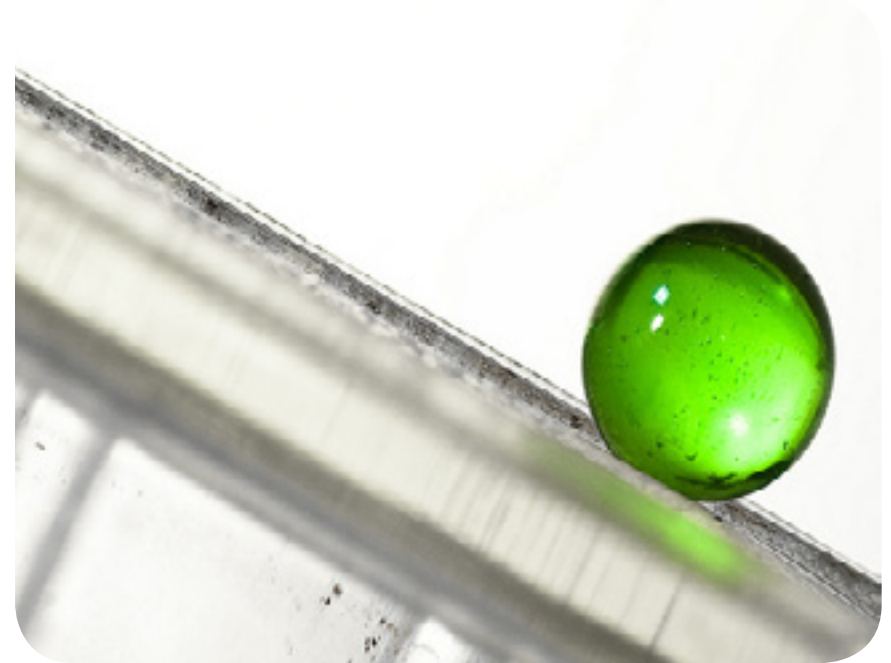
I can always count on my kids to teach me important lessons. I learned a valuable lesson from my two-year-old daughter on how holding on to stuff makes us feel secure.

When I started my journey to minimalism, one of the first areas I decluttered was my daughter's room. She had so many toys she hardly ever played with. I successfully cut down her stuffed animal collection to less than half of what she started with. I soon discovered that it was time to declutter her room even more.

After we rocked together and sang her favorite song, "Twinkle, Twinkle Little Star," she would ask for each stuffed animal she owned--one by one. If I indulged her, she would have every single one of her stuffed animals in bed with her for the night. Eventually, half the mess would be thrown on the floor and she would end up lying on top of the rest. It looked incredibly uncomfortable; however, she would keep asking for anything and everything she saw.

So, here's the life lesson my daughter taught me that night: **You may think that having lots of "stuff" around you will keep you secure, but in the end it just makes life incredibly uncomfortable.**

The things that make you feel secure may not be stuffed animals, books, or dolls. But have you ever truly looked around at what you're keeping close to you and asked, "Why am I keeping that?"



*The great seal of truth  
is simplicity.*

- Herman Boerhaave

Perhaps you feel more secure with an overstocked pantry of food that hardly ever gets touched but you like feeling prepared. Maybe you're holding on to lots of extra clothes that you might be able to fit into one day. You might be keeping lots of knick-knacks and photographs because you're afraid of losing the memories.

Maybe there were things you always wanted as a kid but never had, so now you collect them and just can't stand to part with them. You could be like me and hang on to books...ones you've read and loved and those you intend to read "someday."

The objects that we find security in will be different for each of us. These are the things in our lives that are hardest to get rid of because of the psychological sense of security they carry with them. It's not really that they do anything for us, but we just get accustomed to having them around which makes it feel strange to imagine life without them.

**When you go looking for a sense of security in physical things, you simply won't find what you're looking for.** Instead, look for a true sense of security in people, in relationships, and in time well spent. Whenever you can learn to let go of the physical things you've attached your sense of security to, you'll realize a freedom waiting for you. In time you'll realize you don't miss them...just like my daughter doesn't really miss that giant wiener dog shaped like a pillow.



*Unnecessary possessions are unnecessary burdens. There is great freedom in simplicity of living.*

*- Peace Pilgrim*

## Overcoming the Sentimental Sabotage of Clutter

It's inevitable really. Somewhere in the process of clearing out the junk that is suffocating your life, you (or someone you live with) will fall victim to sentimental sabotage. You know what I'm talking about. That emotional attachment to stuff that makes it harder to get rid of things. Notice I said *harder*, not *impossible*.

I'm not talking about throwing out your wedding pictures or your child's baby book. (Just out of curiosity, when was the last time you looked at the lock of hair from your child's first haircut?) This is more about hanging on to the clutter that you can't seem to let go of. See if you hear yourself in some of the following statements.



*Simplicity is not the goal.  
It is the by-product of a good idea  
and modest expectations.*

- Paul Rand

## Sentimental Sabotage Statements:

***“I have to keep this because [insert random person’s name] gave it to me as a gift.”*** Most likely, they won’t even know or care if you get rid of it.

***“But I’ve had it forever.”*** That seems like long enough, don’t you think?

***“I might need it someday.”*** Chances are you won’t really need it. In fact, you probably have something else that would work just as well. If you discover that your life is meaningless or more difficult without it, someone will probably sell you another one. (In fact, check eBay. Someone else is probably trying to get rid of the same stuff, too.)

***“It might be worth a lot of money.”*** Sure, it might be. Then again it’s only worth something if someone is willing to pay for it. If you’re too attached to sell it now, do you think you’ll be willing to sell it later? If you’re hanging onto something just to hand it down to your kids, remember: *dead pack rats have miserable children.*

Do any of these statements sound like you? We’ve all said these things at some point. So how do you overcome these sentimental setbacks to your minimalist efforts? Be honest with yourself and try to assess why you’re still holding onto certain items.



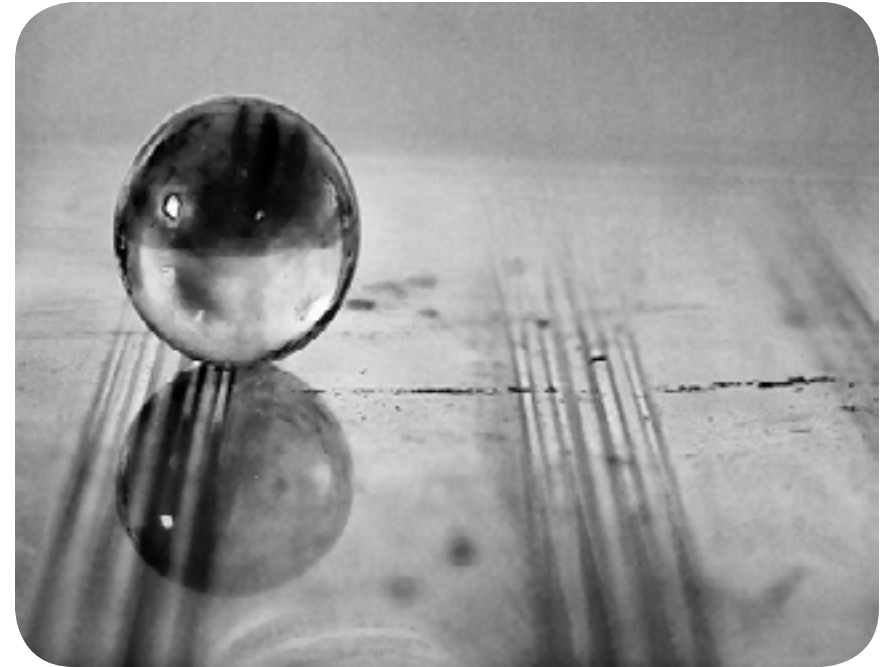
*Simplicity is a  
state of mind.*

- Charles Wagner

## Questions for Battling Emotional Attachments to Stuff:

1. **Do you still have it because of its function or its memories?** If it's more about the memories and doesn't serve much of a purpose, it might be time to let it go.
2. **Would you tell all your friends they need to get one?** Could you come up with any real reasons why they needed to go spend money on that kitchen gadget or knick-knack?
3. **Is it important enough to pass down to your children when you die?** If it's important to you, write down the story of the heirloom for your children to read someday. Chances are they don't know why you treasure it. If you can't think of anything to write about it, then it's probably not as special as you thought.
4. **Do you use it frequently?** Seriously, when was the last time you really needed it? Did you even realize where it was hiding all this time? If not, you probably won't miss it in the future either.

The most important thing to remember when you're trying to unclutter your life is to **keep the goal in mind**. Just think of how much more time you're going to have when everything has a home of its own and how easy it will be to find the things you really need.



*Out of clutter find simplicity;  
From discord find harmony;  
In the middle of difficulty  
lies opportunity.*

*- Albert Einstein*

## In Search of More Time

The most important benefit born out of minimalism is TIME. Less time spent on the things that aren't important and more time for the things that really matter.

### Less of:

- Things to clean
- Clutter to put away
- Running around to children's activities
- Shopping
- Fussing at the kids

### More of:

- Time as a family
- Weekends for fun
- Dates with your husband
- Play time with the kids
- Focusing on things that matter
- Rest and relaxation



Every accomplishment starts  
with the decision to try.

- Anonymous

## Lose the “Less” and Gain the “More”

We start by making choices and we look for the domino effect that comes from making those choices. Start by asking yourself, “Would I rather spend my time picking up 100 Hot Wheels and a pile of naked Barbie dolls or would I rather spend that time with my kids at the park?” When we choose one thing over another, that choice has a domino effect. If we get rid of that pile of cars and naked Barbies, then we spend less time picking up toys, and as a result, we end up having that extra time to take our kids to the park. It’s amazing how the small pockets of time start to add up when we aren’t giving it away to frivolous things.

**If you don’t make a conscious choice in how you spend your time, then plenty of other things will come up to snatch it from you.**

We can’t create any extra time in a day or add any extra years to our life. We can’t slow down how fast our kids are growing even if we wish we had more time to spend with them. We can’t put off spending time with our spouse until later so we can focus on the kids now. It’s all in how we choose to spend the time we have NOW.

***When it comes to time...Less really IS more.***



*Success is not final, failure is  
not fatal: it is the courage to  
continue that counts.*

*- Winston Churchill*

## Where to Go from Here

So now the important thing to do is to just start somewhere. If you're married, it's a good idea to talk over your plans and minimalist ideas for the future with your spouse so you can be on the same page. If you have children, it's best to start going through your own things first and be an example before attacking the rest of the family possessions.

**Don't be afraid to start your journey.** Starting with your tangible clutter is the most straightforward place to start. As you see yourself make progress you'll be encouraged to keep going. The feeling of freedom is invigorating and by witnessing your progress your friends and family will likely be curious and encouraged to declutter as well.

**Don't be afraid of setbacks.** Remember, your life didn't get cluttered overnight so it won't be decluttered overnight either. Take your baby steps and get to know other like minded people who share your viewpoint and your goals. I can't wait to hear your story of how you discovered the minimalist within.

***Best of luck on your journey to minimalism!***

*Faith*



*All of life is a journey. Which paths we take, what we look back on, and what we look forward to is up to us..*

*- Anonymous*

## What did you think?

I really hope this book has been helpful. My main objective with writing *The Minimalist Within* is to spread the message of minimalism to as many people as possible.

I'd like to know what you thought of it and how it helped you so that I can make my future books even better. If you have a moment to send me your thoughts, you can do so on the **Contact Form** of Minimalist at Home.

I'd also love to hear from you on **Twitter**.

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